

## Inner Correspondence and feelings of Peaceful Relief (ICPH)

<b>Reference:</b>	Büssing A, Edelhäuser F, Weisskircher A, Fouladbakhsh JM, Heusser P: Inner correspondence and feelings of peaceful Relief in participants practicing Eurythmy Therapy and Yoga: A validation study. <i>Evidence-based Complementary and Alternative Medicine (eCAM)</i> 2011; Article ID 329023, 9 pages (doi:10.1155/2011/329023)
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**Origin:** Original instrument.

**Purpose:** Specific mind-body-interventions (i.e., yoga, qigong, therapeutic eurythmy, mindfulness-based meditation etc.) require an active (emotional) engagement of individuals practicing it. Apart from direct physiological effects, an active emotional engagement seems to be important. This type of engagement can be conceptualized as an 'inner involvement' (Büssing et al. 2011). Lacking this attitude in terms of an inner resistance towards the practices may lead to reduced engagement, adherence, and thus treatment efficacy.  
The ICPH scale ("Inner Correspondence / Peaceful Harmony with Practices") was developed to measure this 'inner correspondence' in clinical studies addressing the efficacy of mind body practices involving physical movements (Büssing et al. 2011, 2012).

**Population:** Can be used in healthy adults and patients with chronic diseases.

**Administration:**

*Rater:* Self, telephone or interview-administered

*Time required:* 2 min. for self administration

*Training:* none

*Scoring:* The items of the ICPH scale are scored on a 5-point scale from disagreement to agreement (0 - does not apply at all; 1 - does not truly apply; 2 - don't know (neither yes nor no); 3 - applies quite a bit; 4 - applies very much). The scores can be referred to a 100% level (transformed scale score), which reflects the degree of inner congruence. Scores > 50% indicate higher inner congruence, while scores < 50 indicate low inner congruence with the practices.

**Description:** The generic ICPH scale has 13 (+ 2 optional) items, a uni-dimensional structure which explains 64% of variance, and a very good internal consistency (Cronbach's alpha = .95).

**Coverage:** Research and Clinical

**Reliability:** The internal consistency estimates range from .68 to .87 (alpha = .95).

**Validity:** The ICPH scale correlated strongly with mindfulness (FMI;  $r=.50$ ), moderately with life satisfaction (BMLSS,  $r=.38$ ), and weakly negative with symptom score ( $r=-.23$ ). Positive mood states were moderately associated with the ICPH scores (ASTS / POMS,  $r=.43$ ), while SF-12's mental health component correlated weakly ( $r=.28$ ), but not SF-12's physical component ( $r=.12$ ). The ICPH scores did not differ between healthy yoga practitioners and those with health affections. Thus, ICPH scores are significantly associated with variables of mental health.

Within a 6 month intensified yoga practice, there was a slight increase of the ICPH scores (effect size  $d = 0.22$ ;  $p = 0.002$ , Friedman). Individuals with primarily low ICPH scores (28%) showed a significant development in mindfulness ( $d=.78$ ) and Light-Heartedness / Easiness (LHE;  $d=.77$ ), while those with moderate ICPH (53%) had a small increase of mindfulness ( $d=.47$ ), but a strong increase in LHE ( $d=.93$ ). Those with primarily high ICPH (19%) showed only small increases in mindfulness ( $d=.35$ ) and LHE ( $d=.42$ ).

**Strengths:** This unique instrument is a short and rapid measure to assess the impact of individuals' inner correspondence and feelings of peaceful easiness with specific mind-body interventions. While it was

validated first in individuals practicing yoga or therapeutic eurythmy, there are also variant versions for meditation practices and other practices which are currently tested.

## Bibliography

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<b>Inner Consistence with Practices (ICPH)</b> © Prof. Dr. Arndt Büssing, University Witten/Herdecke		does not apply at all	does not really apply	I don't know (neither yes nor no)	applies quite well	definitely applies
Others have mentioned particular emotions, attitudes and reactions towards selected mind-body practices. The following statements made by others may or may not apply to your experience.  The terms movements or practices should be considered in a more general way, i.e., movements/practices and distinct sounds, images in my mind, breathing techniques etc. Please read the statements below carefully and indicate how true each is for you by circling the answer on the right.						
B2*	I have tried to perform the learned practices perfectly.	0	1	2	3	4
B3	During the practices there was no need to think about it; I could fully get into it.	0	1	2	3	4
B4	Emotionally, I could completely come to terms with the practices.	0	1	2	3	4
B6	During the practices I was able to let go of my daily life thoughts	0	1	2	3	4
B9	My feelings and intentions corresponded with my movements.	0	1	2	3	4
B12*	While performing my practices, I am fully focused on their perfect accomplishment.	0	1	2	3	4
B13	The learned practices were easy for me.	0	1	2	3	4
B16	I have felt comfortable and relaxed during my practices.	0	1	2	3	4
B17	It was easy for me to have a sense of my 'inner pictures' (images in my mind) and to bring them to life within.	0	1	2	3	4
B18	I felt in complete harmony with the practices deep within.	0	1	2	3	4
B20	The practices have deeply touched and warmed my heart and soul.	0	1	2	3	4
B21	My entire sensation was in harmony with the movements/practices.	0	1	2	3	4
B22	While performing the practices, I am able to forget the worries of daily life.	0	1	2	3	4
B23	While performing the practices, I feel calm and peaceful.	0	1	2	3	4
B24	While performing my practices, I am so engrossed that nothing from the outside can distract me.	0	1	2	3	4

\* optional items to measure cognitive "Focus on Perfect Form of Movements" (alpha = .76).